

PREVENTION PARTNERS

Chronic Disease Management Workshops

Prevention Partners is proud to make available FREE chronic disease management workshops to assist state employees and their family members in their health care.

Chronic disease management workshops are available in the following areas:

- ◆ Adult and Childhood Asthma
- ◆ Diabetes
- ◆ Healthy Heart
- ◆ Free & Clear® Quit for Life™ Program

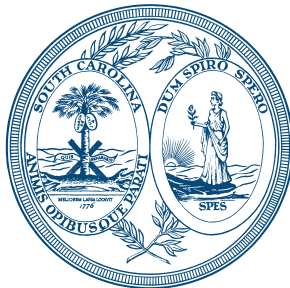
Free & Clear is a research-based tobacco-cessation program.

- ◆ It is offered at no charge to State Health Plan, BlueChoice HealthPlan and MUSC Options subscribers and their covered dependents age 18 and older.
- ◆ A Quit Coach helps you create a personalized "quit plan."
- ◆ You may make unlimited incoming calls to a Quit Coach.
- ◆ Free tobacco treatment products, such as patches and gum, are available.
- ◆ Your coach may recommend your doctor prescribe a smoking cessation drug.
- ◆ For more information, call 866-QUIT-4-LIFE (866-784-8454).

Self-care is an important component of managing chronic disease. Self-care is what we do to prevent, recognize and treat specific health problems. Practicing self-care also can result in an improved sense of health and a better quality of life.

Furthermore, self-care enables you to recognize symptoms that require medical attention. Seek medical attention as needed and avoid unnecessary visits to the doctor or emergency room.

If you wish to have Prevention Partners schedule a chronic disease management workshop at your work-site or in your area, please contact us at 803-737-3820.



South Carolina Budget and Control Board
Employee Insurance Program

PREVENTION PARTNERS

Prevention Partners:

- ◆ enables you to live a more healthful life;
- ◆ identifies health problems before they become serious;
- ◆ manages chronic diseases more effectively;
- ◆ and promotes more efficient use of the health-care system!

PREVENTION PARTNERS

What is Prevention Partners?

Prevention Partners is a unit of the Employee Insurance Program, which is part of the South Carolina Budget and Control Board. The Employee Insurance Program is the plan administrator of insurance benefits offered through the state.

Prevention Partners, a benefit of your health plan, wants to help you and your employees lead healthier lifestyles. Prevention Partners educates volunteer coordinators and benefits administrators at worksites throughout the state.

The mission of Prevention Partners is to provide activities, programs and services in the following areas:

- ◆ Disease Prevention
- ◆ Early Detection of Disease
- ◆ Demand Management
- ◆ Health Promotion

Mailing Address
Prevention Partners
Employee Insurance Program
Post Office Box 11661
Columbia, South Carolina 29211

Phone: 888-260-9430
Fax : 803-737-0557
Website: www.eip.sc.gov

Programs, Services, Resources and Activities

Participation is open to all worksites covered by the Employee Insurance Program, including state agencies, public school districts, county and municipal offices, and local subdivisions. Participation in this FREE service is simple and easy.

To become active, a worksite names a volunteer coordinator and files a letter of intent with Prevention Partners. If your worksite is not active, please see your benefits administrator or contact Prevention Partners at 888-734-0678.

Preventive Worksite Screenings

The screening is available to state employees and retirees and their spouses whose primary insurance coverage is one of the following plans:

- ◆ State Health Plan Standard Plan
- ◆ State Health Plan Savings Plan
- ◆ BlueChoice HealthPlan
- ◆ CIGNA
- ◆ MUSC Options

Medicare enrollees are not eligible.

The screening is available at a minimal copayment of only \$15.

Your Prevention Partners coordinator or benefits administrator organizes screenings.

Prevention Partners also schedules one regional screening a month on an ongoing basis, moving throughout the state to reach offices with small numbers of employees.

If your worksite is interested in having a screening, please call Prevention Partners at 803-737-3820.

Your Worksite Screening provides the following:

- ◆ Health Risk Appraisal
- ◆ Lipid Profile
- ◆ Chemistry Profile
- ◆ Hemogram
- ◆ Blood Pressure Check
- ◆ Height and Weight Analysis

Professional Education

- ◆ Annual "Health at Work" conference
- ◆ Orientations upon request
- ◆ Consulting
- ◆ Chronic disease management workshops

Self-paced Programs

- ◆ Cholesterol reduction
- ◆ Stress management
- ◆ Personal Health Assessment

Incentive Programs

- ◆ Fall into Fitness
- ◆ Great Weight Maintenance Marathon
- ◆ The Challenge
- ◆ Health for the Holidays

Service Resources

- ◆ Coordinator Communiqué
- ◆ Health Bulletins
- ◆ Avenues newsletter
- ◆ Resource materials

Incentive and Promotional Items

- ◆ Special event t-shirts
- ◆ Relaxation tapes
- ◆ Stress balls
- ◆ Step counters
- ◆ Low Fat Food Finder
- ◆ Fast Food Guide
- ◆ Back on Track tapes

Special Events and Programs

- ◆ Spring Wellness Walk
- ◆ Chronic Disease Workshops
- ◆ Weight Management
- ◆ Managing for Tomorrow®